

The embodiments of the invention in which an exclusive property or privilege is claimed are defined as follows:

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1. A health monitoring system comprising:  
a programmable microprocessor-based unit, said programmable microprocessor-based unit including a plurality of switches and a receptacle for the temporary insertion of an external memory unit that includes memory medium having stored therein program instructions for controlling the operation of said programmable microprocessor-based unit said microprocessor-based unit also including circuit means for generating a video signal for causing display of information on a video display unit;

monitoring means operable for monitoring a condition indicative of a person's physical well-being and for producing digitally encoded signals representative of said monitored condition; and

a signal interface connectable in signal communication with said programmable microprocessor-based unit and said monitoring means, said signal interface for coupling said digitally encoded signals that are supplied by said monitoring means and are representative of said monitored condition to said programmable microprocessor-based unit; said microprocessor-based unit being programmed for supplying a video signal for displaying information based upon said signal supplied by said monitoring means.

2. The health monitoring system of Claim 1 wherein said monitoring means is a blood glucose monitor that produces digitally encoded signals representative of a user's blood glucose level.

3. The health monitoring system of Claim 1 wherein said programmable microprocessor-based unit is a video game system.

4. The health monitoring system of Claim 3 wherein said program instructions of said external memory unit include instructions for causing said programmable microprocessor-based unit to store signals representative of said monitored condition in said memory medium of said external memory unit for subsequent access by a health care professional.

5. The health monitoring system of Claim 4 wherein said monitoring means is a blood glucose monitor that produces digitally encoded signals representative of a user's blood glucose level.

6. The health monitoring system of Claim 1 wherein said programmable microprocessor-based unit is responsive to program instructions stored in said memory medium of said external memory unit for supplying encoded signals representative of said monitored condition of physical well being, said encoded signals being established to allow transmission to a remote location; and wherein said health monitoring system further comprises signal transmission means for supplying said encoded signals representative of said monitored condition of physical well being to a medium that allows transmission of said encoded signals to a desired remote location.

7. The health monitoring system of Claim 6 wherein said monitoring means is a blood glucose monitor that produces digitally encoded signals representative of a user's blood glucose level.

8. The health monitoring system of Claim 7 wherein said programmable microprocessor-based unit is a video game system.

9. The health monitoring system of Claim 6 wherein said desired remote location is a clearinghouse facility for receiving said encoded signals representative of said monitored condition of physical well being, said clearinghouse facility including signal processing means for converting said encoded signals representative of said monitored condition of physical well being into a report that provides information relating to said monitored condition of physical well being.

10. The health monitoring system of Claim 9 wherein said programmable microprocessor-based unit is a video game system.

11. The health monitoring system of Claim 9 wherein said signal processing means of said clearinghouse facility further includes means for electronically transmitting said report to a remotely located health care professional.

12. The health monitoring system of Claim 3 wherein said monitoring means is a blood glucose monitor that produces digitally encoded signals representative of a user's blood glucose level.

13. The health monitoring system of Claim 2 wherein said program instructions included in said external memory unit of said programmable microprocessor-based unit cause said circuit means of said programmable microprocessor-based unit to generate a video signal for display of one or more menus and further operation of said one or more switches of said plurality of switches allows the user of said self-care health monitoring system to control the operation of said programmable microprocessor-based unit by selecting an item included in at least one of said one or more menus, said operation controlled by said user with said one or more switches including the processing of said digitally encoded signals representative of said monitored condition and the generation of a video signal by said circuit means of said programmable microprocessor-based unit.

14. The health monitoring system of Claim 13 wherein said one or more menus and further operation of said one or more switches allows the user of said self-care health monitoring system to cause the generation of a video signal by said circuit means for the display of graphic and alphanumeric information that is based upon said signals representative of said monitored condition.

15. The health monitoring system of Claim 13 wherein said programmable microprocessor-based unit is a video game system.

16. The self-care health monitoring system of Claim 1 wherein said signal interface is a microprocessor-based data management unit programmed for encoding said digitally encoded signals that are supplied by said monitoring means and are representative of said sensed condition for transmission to a remotely located healthcare professional and wherein said self-care health monitoring system further comprises means for supplying said encoded signals to a medium that provides transmission to a remote location.

17. The self-care health monitoring system of Claim 16 further comprising a clearinghouse facility for receiving said signals supplied via said medium of transmission, said clearinghouse facility being remotely located from said microprocessor-based unit and including signal processing means for converting said encoded signals supplied via said medium of transmission into a report that relates to said condition sensed by said monitoring means.

18. The self-care health monitoring system of Claim 17 wherein said signal processing means of said clearinghouse facility includes means for transmitting a signal representative of said report to said remotely located healthcare professional.

19. A self-care health monitoring system comprising:

a programmable microprocessor-based unit, said programmable microprocessor-based unit including a display screen and a plurality of switches, said microprocessor-based unit including a receptacle for temporarily receiving an external memory unit that includes a memory medium having stored therein program instructions for controlling the operation of said programmable microprocessor-based unit;

monitoring means operable for sensing a condition indicative of a person's physical well-being and for producing digitally encoded signals representative of said monitored condition; and

a signal interface connectable in signal communication with said programmable microprocessor-based unit and said monitoring means, said signal interface for coupling said digitally encoded signals that are supplied by said monitoring means and are representative of said sensed condition to said programmable microprocessor-based unit; said microprocessor-based unit being programmed for supplying a video signal for displaying information based upon said signal supplied by said monitoring means.

20. The self-care health monitoring system of Claim 19 wherein said programmable microprocessor-based unit is a video game system.

21. The self-care health monitoring system of Claim 19 wherein said microprocessor-based unit is further programmed for supplying signals encoded for transmission to a remotely located health care professional and said self-care health monitoring system further comprises means for supplying said encoded signals to a medium that provides transmission to a remote location.

22. The self-care health monitoring system of Claim 21 further comprising a clearinghouse facility for receiving said encoded signals supplied via said medium of transmission, said clearinghouse facility being remotely located from said microprocessor-based unit and including signal processing means for converting said encoded signals supplied via said medium of transmission into a report that relates to said condition sensed by said monitoring means.

23. The self-care health monitoring system of Claim 22 wherein said signal processing means of said clearinghouse facility includes means for transmitting a signal representative of said report to said remotely located healthcare professional.

24. The self-care health monitoring system of Claim 20 wherein said monitoring means is a blood glucose monitor that produces digitally encoded signals representative of a user's blood glucose level.

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